



# Enthusiasm

**1** Look at the picture on pages 70 to 71 of the EMOTIONARY and answer the questions below.

● What do you think the characters are doing?

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● Do you think they are enjoying themselves? Why?

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**2** Choose four words to describe what is happening in the picture on pages 70 to 71 of the EMOTIONARY.

- |         |      |       |        |         |        |
|---------|------|-------|--------|---------|--------|
| dance   | cage | fly   | prison | kite    | birds  |
| freedom | joy  | break | crime  | tension | string |

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**3** What are these two birds doing? Why do you think they are doing it?

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**4** Read the text on page 70 of the EMOTIONARY and tick the correct answers.

● What do you feel when you feel **almighty**?

- You feel as if you have a lot of energy.
- You feel as if you are capable of doing anything.
- You feel as if you can do some things well.

● What effect does **enthusiasm** have on you?

- It makes you feel peaceful.
- It makes you sing and dance.
- It makes you get up and do things.

● When rhythm **gathers pace**, what does it do?

- It gets faster.
- It gets slower.
- It gets louder.

**5** To **gather** means ‘to accumulate or bring together’. Choose three of the words below and write four sentences to **gather** and the words you have chosen.

mushrooms   dust                      speed      clouds      information      flowers

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**6** In the text on page 70 of the EMOTIONARY it says that enthusiasm is an energy that **spurs you into action**. What does this mean? Tick the correct meaning.

- to make something impossible
- to make something possible
- to encourage you to do something

● Underline the words that mean the same as **spur**.

encourage    hold back    urge on    push    prevent

**7** Imagine that you are going to be in a school concert tomorrow and you have to practise the piece of music you are going to play on your guitar, but you are tired. Tick the situation below that would spur you into action.

- Thinking that practising this evening won't make much difference to your performance.
- Thinking that you really want to play well to make your family proud.
- Thinking that you would rather be out playing with your friends.

● What other things would **spur** you **into action** in this situation?

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● Write a sentence containing the phrase **spur into action**.

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**8** Read the list of activities below. Imagine yourself doing them. Then put them in order, from the one you would least like to do **(1)** to the one you would most like to do **(6)**.

- Build a raft then sail on it.
- Roll down a sand dune.
- Stroke an elephant.
- Go surfing.
- Build a snowman.
- Go on a helicopter ride.

**9** Imagine that you have to convince a friend to do the activity you liked most in Activity 8 with you.

- What is it about this activity that excites you?

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- Try to convey your enthusiasm to your friend. Look at the example. How would you persuade your friend to come with you?

You have to come with me to stroke the elephants. Just imagine how you would feel! It would be a really cool thing to do!

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**10** Read the **Enthusiasm Song** and invent a tune and a dance to go with it.

**Listen to my heart**

My heart is beating fast.



My heart is beating faster.

Its beat is like a storm.



I can feel it in my .... arms!

It's rushing up and down my ... legs!



It's rushing through my ... fingers!



Rising, rising, rising!

Beating, beating, beating!

Shouting, shouting, shouting!

I can hear my heart!

**11** Now write your own **Enthusiasm Song**.

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# Enthusiasm

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The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to [www.palabrasaladas.com/f/emo\\_eng.html](http://www.palabrasaladas.com/f/emo_eng.html)